

Daily Affirmations- October 2017

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Sun	Oct	1 st	To err is human; to forgive, divine.
Mon	Oct	2 nd	Cravings last only a few moments. Addiction can last a lifetime.
Tue	Oct	3 rd	For everything there is a season.
Wed	Oct	4 th	It takes both rain and sunshine to make a rainbow.
Thu	Oct	5 th	You must learn to dance in the rain before you can conquer the storm.
Fri	Oct	6 th	Live your days, day by day.
Sat	Oct	7 th	PROGRESS, NOT PERFECTION!
Sun	Oct	8 th	Don't make a permanent decision over a temporary problem.
Mon	Oct	9 th	Leave the stress with your mess!
Tue	Oct	10 th	Do better, in any one thing.
Wed	Oct	11 th	Every out date is a chance at a new beginning, so let's get started!
Thu	Oct	12 th	I get to start a brand new life with a brand new year.
Fri	Oct	13 th	Live, Love, Laugh
Sat	Oct	14 th	Pray every day.
Sun	Oct	15 th	Choose your words carefully for you'll live what you speak.
Mon	Oct	16 th	This too shall pass.
Tue	Oct	17 th	Smell the flowers.
Wed	Oct	18 th	Stay positive. It will be better.
Thu	Oct	19 th	Always smile.
Fri	Oct	20 th	Better late than never.
Sat	Oct	21 st	Ain't ever seen sunshine so I started danc'in in the rain.
Sun	Oct	22 nd	Be thankful for today.
Mon	Oct	23 rd	Change is up to you.
Tue	Oct	24 th	I enjoy being a community babysitter.
Wed	Oct	25 th	Every saint has a past, every sinner has a future.
Thu	Oct	26 th	For I know the plans I have for you-plans to prosper, not to harm-plans for hope and a future. Jer. 29:11
Fri	Oct	27 th	I am worth it.
Sat	Oct	28 th	One step at a time. I am stronger every day.
Sun	Oct	29 th	I'm going to do it!
Mon	Oct	30 th	If you fall hard, that's ok; just get up even harder.
Tue	Oct	31 st	You may not be where you want to be, but stay on til you make it. Stand strong!!

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.